

**AMENDMENTS TO THE SPECIFICATION**

Please replace the first paragraph of the specification, beginning on page 1, line 10, with the following amended paragraph:

This application is a continuation of U.S. Application Serial No. 09/690,178, entitled METHOD AND APPARATUS FOR REMOTE INTERACTIVE EXERCISE AND HEALTH EQUIPMENT, filed on October 16, 2000, which is a continuation-in-part of U.S. Application Serial No. 09/273,591, entitled METHOD AND APPARATUS FOR REMOTE INTERACTIVE EXERCISE AND HEALTH EQUIPMENT, filed on March 22, 1999, now U.S. Patent No. 6,193,631, which is a continuation of U.S. Application Serial No. 08/766,513, entitled METHOD AND APPARATUS FOR REMOTE INTERACTIVE EXERCISE AND HEALTH EQUIPMENT, filed on December 13, 1996, now U.S. Patent No. 6,059,692, which claims the benefit of U.S. Application Serial No. 60/008,603, entitled METHOD AND APPARATUS FOR REMOTE INTERACTIVE EXERCISE AND HEALTH EQUIPMENT, filed on December 14, 1995.